

## Staying in Tune

*Caleb Gait*

**Questions:** How are you doing with your New Year's resolutions? What has been your most successful resolution ever? What's been your worst?

**The habits we practice today,  
get our hearts in the right place for tomorrow.**

**Read** Philippians 2:12-13

**Question:** How are your habits stirring up hope in you?

**Hope is something that you intentionally build into your life. It is a skill that can be learned and a spiritual habit that must be nurtured.**

Pastor Darcy, Habits of Hope  
(Sermon Series, Oct. 2022)

**Hope-Filled Habits we need to Practice:**

**1. We need to gather!... It keeps us from being vulnerable.**

**Read** Hebrews 10:21-25

Gathering regularly:

- Reminds of God's promises
- Encourages one another towards love and good works.

**Read and consider** 1 Peter 5:8

**2. We need to fast!... It keeps us humble.**

**Read** Matthew 9:14-15

**Life is hard, and we must connect with how the story ends at Christ's return—the creation made new, eternity in the presence of God, every tear wiped away, and every sad thing made untrue. Fasting connects us with that hope in such a way that the Holy Spirit gives us joy, peace, and rest in the presence of God now.**

Chris Davis writes in  
"Bright Hope for Tomorrow"

**3. We need to rest!... It keeps us hopeful.**

**Read** Hebrews 4:8-9

There are 3 rests in Scripture:

- Creation
- The Promised Land (Didn't work out!)
- The New Jerusalem (Mt. Zion, Heaven)

**Read** Hebrews 4:3

**As we practice Sabbath...**

- It's just good for our whole self to rest!
- We're reminded God will redeem our understanding and experience of work.
- We're reminded of God's eternal rule to come.

**Read** Revelation 11:15

William Wilberforce said this about Sabbath:

**Blessed be God for the day of rest  
and religious occupations wherein earthly things  
assume their true size and ambition is stunted.**

BIG ASK: Which of these habits are you good at? How?  
Which ones do you need to 'tune' to better anticipate  
Jesus' coming? What step will you take today to tune?